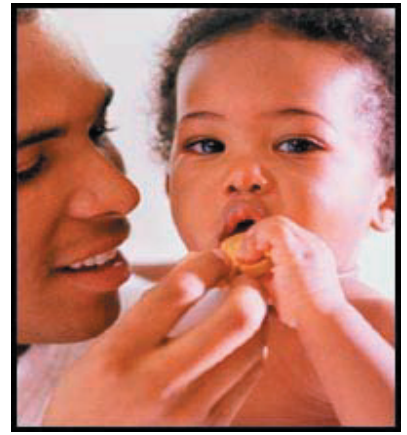


Avoiding Infant Allergies

Allergies tend to run in families.* Offering cow's milk or solid foods too early can also cause problems. Two simple things you can do to reduce the chance of infant allergies are:

- 👉 Breastfeed your baby, and
- 👉 Wait until 4 to 6 months of age to offer solid foods.



Milk

- 🍼 Breastmilk is the ideal food for infants; babies are rarely allergic to it.
- 🍼 If you choose not to breastfeed, an iron-fortified formula should be fed to your baby.
- 🍼 Continue to breastfeed or feed the iron-fortified formula until your baby is one year old.
- 🍼 If your baby is allergic to cow's milk formulas, your doctor may prescribe a soy-based formula or other substitute.

Solid Foods

- 🥑 When introducing solid foods, feed the same food for 7 days.
- 🥑 Watch for allergic reactions and if symptoms appear, discontinue that food. Try it again when the baby is older.

Cereals

- 🍲 Offer plain rice cereal first; rice allergies are rare.
- 🍲 Start with a small amount (1 tablespoon) and increase gradually.
- 🍲 Use the same cereal for one week before trying the next.
- 🍲 Do not use "mixed cereal" or cereals with fruit.
- 🍲 Wait to try wheat cereal until 9-12 months of age; wheat allergies are more common.

Vegetables

- 🥕 Offer only plain (single) vegetables and fruits.
- 🥕 Introduce new vegetables and fruits one at a time.
- 🥕 Give the new food for 7 days before starting another.
- 🥕 Avoid mixed vegetables and fruit desserts.
- 🥕 Start juices with apple juice; add citrus juices, such as orange, when the baby is at least one year old.

Protein Foods

 Introduce plain meats one at a time, no earlier than 7-8 months.

 Egg yolks may be offered at 7-8 months.


 Wait until the baby is at least one year old to try whole eggs; allergies to egg whites are more common.

 Offer boned fish and poultry by 8-10 months.

*If there is any history of allergy in your family, be extra careful to follow these tips.

Remember

 The most allergic foods are milk, eggs, wheat, and corn. They are found in many prepared foods. Be sure to read food labels!

 The allergy may not be due to food; it could be a reaction to soap, diaper material, too much bleach, or baby powder. Your doctor will help you identify the problem.

 A sudden rash may be just a heat rash.

 Do not add solids too early or too fast! Each new food increases the possibility of an allergic reaction.

Typical Symptoms of Food Allergies

 Skin rashes

 Excessive spitting-up

 Persistent nasal congestion

 Failure to gain weight adequately

 Diarrhea and excessive gas

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